

FRONT & CENTER

ENFIELD SENIOR CENTER NEWS AND ACTIVITIES FOR JULY AND AUGUST 2006

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For Programs and Services see
Insert Card

Hours:

Monday-Thursday

8 a.m. to 8 p.m.

Friday

8 a.m. to 5 p.m.

Office opens at

8:30 a.m.

**The Center will be closed
Tuesday July 4**

Senior Center Phone List:

Main Office763-7425

Community Cafe

Lunch Line.....763-7428

Lunch reservations call
by noon the day before

Craft Room.....763-7437

Fitness Room272-3554

Game Room272-3541

Meals on Wheels.....763-0400

SeniorNet Computer

Learning Center763-7425

Trips763-7438

FAX.....763-7429

Website: www.enfield-ct.gov

Scroll down to Senior Center

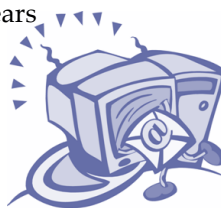
Enfield Senior Center

299 Elm Street

Enfield, CT 06082

Get Our Weekly Column by E-mail

The Enfield Senior Center weekly column that appears in the *Hartford Courant*, *Journal Inquirer*, *Enfield Press* and *Reminder* can now be sent directly to your e-mail. Just go to www.enfield-ct.gov and click on **Mail Lists**. You can simply click on Senior Center News Release and you will be sent a copy every week. Give it a try!



The Lunch Line Reservation number has changed to 763-7428

To reserve a lunch, you must call by noon the day before. However, you may call our new lunch number at any time to reserve lunches for other days. This phone is on voice mail, so please leave your name and tell us the days you would like to have lunch.

Evening Welcome Tours

**2nd & Last Thursdays
July 13 & 27, August 10 & 31
6 p.m.**

If your working schedule has prevented you from visiting us, we hope you'll join us for an evening guided tour of our facility. Learn about our programs, what we have to offer and enjoy a cup of coffee or tea with us. We'll meet in the foyer.

Welcome



HEALTH AND WELLNESS

Bereavement Support

Check newsletter or column for dates. Eight-week sessions are offered at the Center by trained grief counselors for anyone who has suffered loss.

Blood Pressure Screenings

Wednesdays 11 a.m. to Noon

Free blood pressures, provided by Visiting Nurse & Health Services of CT, and Home & Community Health Services, Inc., are available in the Multipurpose Room.

Evening Blood Pressure Clinics

Wednesdays,

July 19 and August 23

5:30 - 7:30 p.m.

Free service provided by Visiting Nurse & Health Services of CT in Vernon.

Fall Prevention Program

**Tuesdays & Thursdays
by appointment only**

We'll assess your individual risk for a fall and work with you to help reduce the chances of a devastating injury. Free program sponsored by the CT Collaboration on Fall Prevention.

Foot Care Clinic

**2nd Friday 8 a.m. - 3 p.m. &
Evening Foot Care**

Wednesday 4:30 - 8 p.m.

July 19 & August 9

by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$27. Home visits can be arranged for homebound seniors.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available on loan, for up to eight weeks.

HEALTH AND WELLNESS

continued

Free Hearing Screening

1st Friday 2 to 3:30 p.m.

Call Senior Center for appointment
Schedule a free hearing test and
consultation, or have your hearing
aid or batteries checked by an
audiologist from Hear Again Center.

Stroke Survivors Support

2nd Tuesday 10 - 11 a.m.

Join others to share experiences &
obtain support. Group is facilitated
by Visiting Nurse & Health Services
of CT.

T.O.P.S.

Wednesdays 1:30 - 3:30 P.M.

Take off pounds sensibly. Meet with
others for support and to discuss
strategies for losing weight.

Yellow Dot Program

Packets available at Senior Center.
A yellow dot on the back window of
your car alerts emergency medical
personnel that records with identity
& vital health information are kept in
your glove compartment. This
program is sponsored by TRIAD.

INDOOR RECREATION

Crazy Whist

Thursday, July 27

1 - 3 p.m.

Refreshments

Lots of fun! Call office to sign up

Billiards

Three championship tables are
available for daily games. Come in
anytime to play.

Bridge

Thursdays 12:30 - 3:30 p.m.

Drop in and join this new group for
contract bridge.

Fun Bingo (now every Wed)

Wednesdays

10:30 - 11:30 a.m.

An informal game with small
cash prizes.

BINGO

Tuesdays 6:30 p.m.

Doors open 5 p.m.

\$150 Early Bird Bonanza

4 \$100 Specials

Winner-Take-All

Weekly Progressive Game up to \$2000

Free Quickie Game

All proceeds benefit Senior Center
programs & services

Bingo Night Supper

Tuesdays 5 to 6:30 p.m.

You don't have to play Bingo to enjoy
our Tuesday night suppers. We have
nightly specials for \$3, plus soup in
the wintertime, grilled cheese
sandwiches, hotdogs, hamburgers,
great french fries & desserts. Ice
cream sundaes are available during
the Bingo game intermission.

Canasta

Mondays 10 a.m. to Noon

If it's been awhile since you've
played, don't hesitate to come. We'll
help you brush up your skills for this
enjoyable game.

Card Party

Thursday, August 31

12:30 - 3:30 p.m.

Pick the game of your choice and get
ready for a fun afternoon
No charge

Call office to reserve a table

Cribbage

1st and 3rd Mondays 1 - 3 p.m.

Learn the game, brush up your
skills, and spend an enjoyable
afternoon playing.

Pinochle

Wednesdays & Fridays

12:45 - 4 p.m.

If you haven't played in awhile, don't
hesitate, as others will help you.

Setback

Tuesdays 12:30 - 3:30 p.m.

Join our growing group
for instruction and play.

UP COMING SOCIAL EVENTS

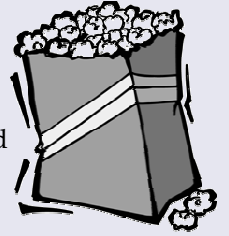
Movie Nights

Monday, July 24

6 p.m.

Tickets - \$1

Enjoy popcorn and
watch the movie
Rumor Has It



Monday, August 28

5 p.m.

Order hotdogs, hamburgs, grilled
cheese sandwiches & crispy
French fries from our grill
**No tickets - food to be
purchased that night**
Watch the movie *Failure to Launch*

Afternoon Dances

Fridays, July 14 & 28

August 11 & 25

2 - 4 p.m.

\$2 at the door



Celebrate July Dinner Dance

Friday, July 21

Dinner 5 p.m.

Dancing 6 - 8 p.m.

\$12 per person

London Broil, mashed potatoes,
seasonal vegetable, and ice cream
with chocolate sauce for dessert
Joe Campisi Band

3rd Annual Dog Days Dinner Dance

Friday, August 18

Dinner 5 p.m.

Dancing 6 - 8 p.m.

\$12 per person

Grilled chicken breast with fruit
salsa, blended rice, vegetable and
lemon mousse for dessert
*Johnny Prytko and his Good
Times Band*

TRIPS AND SKIPS

More detailed fliers available in the lobby. Watch our weekly news column for additional trips.

Boston Whale Watch

July 9

Stroll Newbury Street, explore Freedom Trail landmarks, or meander through a museum. Lunch, on your own, may be purchased at Faneuil Hall Marketplace. Then move on to an unforgettable 3-hour excursion on a high-speed catamaran whale watching vessel to Stellwagen Bank, feeding ground of the world's largest mammals.

Research scientists will be on board to tell you about the different types of whales, their behavior and what to watch for during the sighting. Full galley service items will be available for purchase. Put on your rubber-soled shoes, pack a jacket and don't forget your camera!

\$65 per person

Water Fire, Providence and Newport, RI

July 29

Arrive in Newport to enjoy the water views and the hustle and bustle at the Brick Market Place. Lunch is included at the Sea Fare's American Café, a property of the International Institute of Culinary. Following lunch, browse through boutiques and take in the nautical sights. Later in the day, experience sparkling bonfires, flickering firelight on arched bridges, torch-lit vessels traveling down the river, and enchanting music from around the world. Water Fire is a community event built around a shared evening stroll. Combine all of these sights and sounds with interesting street vendors and you'll understand why this is a renowned event.

\$65 per person



Thames River Rambler & Mohegan Sun

Watch our weekly column for details

Pops at Tanglewood

August 20

Spend a marvelous and musical evening in the beautiful Berkshires. Tanglewood, often referred to as a "Symphony in Green", has been the summer home of the Boston Symphony since the 1930's. You'll arrive two hours before the concert, in time to enjoy your picnic supper or purchase a meal at the Tanglewood Café. Then, sit back in your reserved seats and listen to Keith Lockhart conducting a program of musical hits from the '70's, featuring a cappella vocal group, Rockapella.

\$68 per person



Montreal & Quebec City

September 10 – 13

Your journey begins with a ride through the green mountains of Vermont, continuing on to the beautiful St. Lawrence River Valley. The first evening's destination is Montreal, with dinner at Le Vieux Port Restaurant and time at the Montreal Casino. Day two includes visits to the Notre Dame Basilica, the Shrine of Brother Andre and a view from Mount Royal, as well as a visit to the shops in underground Montreal. Dine in the old city of Quebec this evening, at Café Paris. This is as close to Europe as you can get! Sightseeing inside the walled city with a local guide will start you off the following morning. Stop at the Quebec Citadel and stroll by the Chateau Frontenac, see the Plains of Abraham and visit artisan stalls and galleries before heading up to see the great shrine of St. Anne de Beaupre. Enjoy dinner at Bonaparte's in Quebec City. On day four, bid adieu to French Canada and stop at the border for duty free shopping. Return to Enfield at approximately 7:30 p.m.

\$505 per person, double

UP COMING SOCIAL EVENTS

Men's Social Night

Wednesday, August 2
5 - 8 p.m.

\$2 per person
Game Room

Enjoy delicious pizza from Danny's, then sit back & relax, socialize or play a game of pool or cards



Free Summer Concerts

Rotary Park Gazebo at Enfield Senior Center
6:30 p.m.

Monday, June 26

Dyn-o-Mite Disco Review
Sponsored by Enfield Cultural Arts Commission

Monday, July 17

Kerry Boys
Sponsored by Enfield Recreation Department

Monday, July 31

Black Moon Band
Sponsored by the Enfield Senior Center

Monday, August 14

Tirebiter Band
Sponsored by Enfield Recreation Department

Bring blankets & chairs. In case of inclement weather, concerts will be held inside Senior Center.



CLUBS & MEETINGS

Current Events Discussion Group

2nd & 4th Mondays

July 10 & 24

August 14 & 28

2:30 p.m.

Wellness Room

Join our group for lively discussions of world events. A new topic will be covered at every meeting.

New members are welcome to drop in. No registration is necessary.

Book Discussion Group

3rd Monday

July 17, August 21

5 - 6:30 p.m.

July book

The Edible Woman

by Margaret Atwood

August book

The Namesake

by Jhumpa Lahiri

Books may be picked up at the Enfield Public Library on Middle Road

Enfield Single Seniors

3rd Wednesday

July 19, August 16

6 - 8 p.m.

All seniors are invited to join this new group, which meets monthly in the Senior Center Dining Room for...

- Socialization
- Icebreakers
- Outings
- Just plain fun

For information, call Ben Perreault, Coordinator 745-4261

Investment Club

2nd & 4th Thursdays

July 13 & 27

August 10 & 24

2 p.m.

Share information - Discuss investments

This new group, begun in December, meets twice monthly. We are pleased to have David Menaker lead these meetings. No money is collected or pooled, as this group meets for discussion only. Join others to learn about smart investment strategies.

Train Club

Last Tuesday every month

July 25, August 29

6 - 7 p.m.

A hobby club for train enthusiasts.

Socialize with others who share your interest in trains.



Goldtones Choral Group

Thursdays 10 - 11:30 a.m.

Lend your voice to this group.

Throughout the year the group entertains at area nursing homes and senior centers. They rehearse all year to present programs appropriate to the season, and conduct an annual concert.

AARP Chapter 1209

No meetings or Potlucks for July & August

President:

Henry Beaudry 745-0514

Trips:

Pat Hutcheon 741-6536,

Rose Reis 745-6821

AARP chapter 3062

Monthly meetings 1:30 p.m.

Senior Center Great Room

July - No meeting

August 3 Picnic in Great Room

Monthly Potluck Suppers 5:30 p.m.

Senior Center Dining Room

July 12, August 9

President:

Evelyn Wheat 745-3856

Trips:

Carol Welsh 745-6294

AARP Driver Safety Courses at the Center

August 29 & 30

1 - 5 p.m.

Call 763-1509 to register



ARTS & CRAFTS PROGRAMS

Ceramics

Thursdays, July 6 - August 31

8:30-11:30 a.m.

9 classes \$27

Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware & firing extra.

No Monday evening classes during the summer



Creative Writing

Wednesdays,

July 12 - August 9

3 - 4:30 p.m.

5 classes \$25

Using a balance of lectures and exercises designed to generate writing ideas, you'll gain a sense of what types of writing you favor and how to go about writing in that form. You'll receive feedback on your work in a supportive environment. All skill levels are encouraged to join.

Jewelry

3rd Thursday

July 20 & August 17

9:30-11:30 a.m.

2 classes \$6

3rd Friday

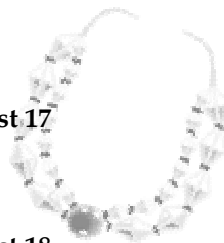
July 21 & August 18

9:30-11:30 a.m.

2 classes \$6

Make a bracelet, necklace or earrings, or restore a cherished piece of jewelry. Create holiday gifts and beaded accessories.

Materials extra and payable to instructor.



Jewelry-Earring Workshop

Thursday, July 13

5:30 - 7:30 p.m.

1 class \$5

Friday, July 14

9:30 - 11:30 a.m.

1 class \$5

Select your beads and learn the basics of creating different styles of earrings. Materials extra and payable to instructor.



Jewelry-Bracelet Workshop

Thursday, August 3

5:30 - 7:30 p.m.

1 class \$5

Friday, August 4

9:30 - 11:30 a.m.

1 class \$5

Choose from a huge variety of beads and learn to create a unique bracelet.

Materials extra and payable to instructor.

One-Stroke Painting Workshop**Daisies on Slate**

Tuesday, August 1

6 - 8 p.m.

1 class \$12

all materials included

Make a sign, for indoor or outdoor use, to decoratively display your name or address.

**One-Stroke Painting Workshop****Paint a Wine Glass**

Tuesday, August 15

6 - 8 p.m.

1 class \$6

Materials extra (\$1.25 per glass) payable to instructor

Make It & Take It Scrapbook Page

Tuesdays, July 18 & August 15

1:30 - 3:30 p.m.

Fee includes supplies.

2 classes \$6

Scrapbooking-Beginner & Intermediate

Mondays, July 10 to August 28

6:30 - 7:30 p.m.

8 classes \$24

Some materials included. Kits are \$5 per class payable to the instructor

Learn to display your most cherished memories by creating beautiful pages for holidays and special events.

Scrapbook Crop

Tuesdays, July 11 & August 1

1:30 - 4 p.m.

2 classes \$6

Share ideas, create pages, sort photos and make new friends. All levels of experience & talent welcome.

Stamp Art

Fridays 9:30 - 11:30 a.m.

July 14 & 28

2 classes \$6

August 11 & 25

2 classes \$6

Make greeting cards, bookmarks, stationery, pins or other stampable items. A different theme or new technique will be taught in each session.

ON GOING ARTS & CRAFTS PROGRAMS**Busy Fingers**

Wednesdays 10 a.m. - Noon

No class fee

If you like to knit or crochet, join this group. Members concentrate on baby and children's mittens, hats & layettes for the Center Gift Shop.

Craft Fair Crafters

Mondays 9:30 - Noon

No class fee

Join our volunteers to make handmade gifts for our gift shop & future craft fairs. All skills and talents are invited--sewers, knitters, painters, crafters, gluers--advanced or beginner.

**Embroidery**

Wednesdays 9 - 11 a.m.

\$2 per class

All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.

Heritage Group

Tuesdays 10 a.m. - Noon

No class fee

This group works on projects throughout the year. Craftspeople of all skills are welcome to join.

Sassy Sewers

2nd and 4th Tuesdays

1 - 3 p.m.

No class fee

Quilters & sewers, come and share ideas, swap fabric, show and tell.

**Woodcarving**

Tuesdays 9 a.m. - Noon

No class fee

Meet in the Game Room to share ideas, swap patterns and techniques. All skill levels welcome.

**SENIORNET
COMPUTER CLASSES**

SeniorNet is a nonprofit organization located in San Francisco whose sole purpose is training older adults in computer technology. Anyone who takes classes at the Senior Center is required to join SeniorNet for an annual fee of \$40.

Membership applications and information are available in the office.

Computer Solutions

2nd Thursday

3:30 - 5 p.m.

July 13, August 10

If a computer problem has you stumped, call the office, tell us your problem, and we'll come up with a solution at the next meeting. This is an informal group of users, and we welcome people of all skill levels to come, ask questions, pick up tips from others, and learn.

Please watch our weekly column for summer classes.

FITNESS PROGRAMS

No Classes On July 4th

Belly Dancing

Wednesdays

4 - 5 p.m.

July 5 - 264 classes \$12

August 2 - 305 classes \$15

Learn the basics in this new class.

Chair Exercises

Mondays & Wednesdays

11 a.m. - Noon

FREE

Improve flexibility, coordination & stamina.

Contemporary Line Dance

Thursdays

6 - 7:30 p.m.

July 6 - August 248 classes \$24

Contemporary Social Mainstream Line Dances taught at a slower, more detailed pace for entry level, novice and newer dancers using a very diverse collection of music.



Jan's Exercise

Monday, Wednesday & Friday

9 - 10 a.m.

1-day option

July 3 - 315 classes \$17

August 2 - 305 classes \$17

2-day option

July 3 - 319 classes \$27

August 2 - 3010 classes \$30

3-day option

July 3 - 3113 classes \$36

August 2 - 3013 classes \$36

Stretches for every part of the body. You can attend one, two, or all three days.

Line Dancing - Beginner

Mondays

2:15 - 3:15 p.m.

July 3 - August 289 classes \$18

Learn solitary dancing and receive beneficial exercise, as well.

Line Dancing - Intermediate

Mondays

1 - 2 p.m.

July 3 - August 289 classes \$18

After learning the basics, this class broadens with many new dances.

Pilates

Mondays

12 - 12:45 p.m.

July 3 - 315 classes \$15

August 7 - 284 classes \$12

Increase core strength, flexibility & strengthen abdominal muscles to decrease back pain & chronic back issues.

PRIME Fitness Room

Monday to Thursday

8:30 a.m. - 8 p.m.

Friday

8:30 a.m. - 4:30 p.m.

6 weeks\$40

3 months\$75

Our fitness instructors will design a program tailored to your needs, teach you how to use the equipment and help monitor your progress to better health. Signup materials available in office.

Stretch, Roll & Strengthen

Tuesdays

10 - 11 a.m.

July 11 - August 298 classes \$24

Learn to use the stability ball, hand weights and resistance tubing for an all-over body stimulating exercise session.



Tai Chi - Beginner

Tuesdays

8:30 - 9:30 a.m.

July 11 - August 298 classes \$24

Improve balance, strength and concentration.



Tai Chi - Intermediate

Thursdays

8:45 - 9:45 a.m.

July 6 - August 319 classes \$27

Expand your range for more artistic expressions of this ancient form of exercise.

Tap Dancing - Beginner

Mondays

10 - 10:45 a.m.

July 3 - August 289 classes \$27

No experience necessary, just a desire to learn & have fun.

Tap Dancing - Intermediate

Wednesdays

10 - 11 a.m.

July 5 - August 309 classes \$27

Learn additional steps in this class.

Yoga - Gentle

Tuesdays

11 a.m. - Noon

July 11 - August 298 classes \$24

An enjoyable series of stretches & movements leave you energized & relaxed.

Yoga - Intermediate

Tuesdays

10 - 11 a.m.

July 11 - August 298 classes \$24

Thursdays

6 - 7 p.m.

July 6 - August 319 classes \$27

For more of a challenge, learn more modified sun salutations and go further in your yoga practice.

FRONT & CENTER

CLASS REGISTRATION FORM FOR JULY AND AUGUST 2006

Name _____

Address _____

Town/Zip _____

Phone _____

Date Paid/Check Number _____

Make check or money order payable to:
Enfield Senior Center. Do not mail cash.
Your check will serve as your receipt.

Please mail or bring registration form along
with payment to:

Enfield Senior Center
299 Elm Street
Enfield, CT 06082



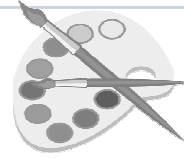
HEALTH AND FITNESS

CLASS	DAY	TIME	DATE	NO. OF CLASSES	COST	TOTAL	OFFICE USE
Belly Dancing	Wed	4 pm	July 5-26	4	\$12		
Belly Dancing	Wed	4 pm	Aug 2-30	5	\$15		
Jan's Exercise 1 day	Mon, Wed, & Fri	9 am	July 3-31	5	\$17		
2 days	Mon, Wed, & Fri	9 am	July 3-31	9	\$27		
3 days	Mon, Wed, & Fri	9 am	July 3-31	13	\$36		
Jan's Exercise 1 day	Mon, Wed, & Fri	9 am	Aug 2-30	5	\$17		
2 days	Mon, Wed, & Fri	9 am	Aug 2-30	10	\$30		
3 days	Mon, Wed, & Fri	9 am	Aug 2-30	13	\$36		
Line Dancing - Beginner	Mon	2:15 pm	July 3-Aug 28	9	\$18		
Line Dance-Intermediate	Mon	1 pm	July 3-Aug 28	9	\$18		
Line Dancing Contemporary	Thurs	6 pm	July 6-Aug 24	8	\$24		
Pilates	Mon	12 pm	July 3-31	5	\$15		
	Mon	12 pm	August 7-28	4	\$12		
Stretch Roll & Strengthen	Tues	10 am	July 11-Aug 29	8	\$24		
Tai Chi - Beginner	Tues	8:30 am	July 11-Aug 29	8	\$24		
Tai Chi - Intermediate	Thurs	8:45 am	July 6-Aug 31	9	\$27		
Tap Dance - Beginner	Mon	10 am	July 3-Aug 28	9	\$27		
Tap Dance - Intermediate	Wed	10 am	July 5-Aug 30	9	\$27		
Yoga - Gentle	Tues	11 am	July 11-Aug 29	8	\$24		
Yoga - Intermediate	Tues	10 am	July 11-Aug 29	8	\$24		
Yoga - Intermediate	Thurs	6 pm	July 6-Aug 31	9	\$27		
TOTAL AMOUNT							

Please Note No Classes on July 4th

ENFIELD SENIOR CENTER, 299 ELM STREET, ENFIELD, CT 06082 (860) 763 -7425

ARTS & CRAFTS PROGRAMS



CLASS	DAY	TIME	DATE	NO. OF CLASSES	COST	TOTAL	OFFICE USE
Ceramics	Thurs	8:30 am	July 6-Aug 31	9	\$27		
Creative Writing	Wed	3 pm	July 12-Aug 9	5	\$25		
Jewelry	Thurs	5:30 pm	July 20 & Aug 17	2	\$6		
Jewelry	Fri	9:30 am	July 21 & Aug 18	2	\$6		
Jewelry-Earring Workshop	Thurs	5:30 pm	July 13	1	\$5		
Jewelry-Earring Workshop	Fri	9:30 am	July 14	1	\$5		
Jewelry-Bracelet Workshop	Thurs	5:30 pm	Aug 3	1	\$5		
Jewelry-Bracelet Workshop	Fri	9:30 am	Aug 4	1	\$5		
Make It & Take It Scrapbook Page	Tues	1:30 pm	July 18 & Aug 15	2	\$6		
One Stroke Workshop Daisies on Slate	Tues	6 pm	Aug 1	1	\$12		
One Stroke Workshop Paint a Wine Glass	Tues	6 pm	Aug 15	1	\$6		
Scrapbooking-Beginner & Intermediate	Mon	6:30 - 7:30pm	Jul 10-Aug 28	8	\$24		
Scrapbook Crop	Tues	1:30 pm	July 11 & Aug 1	2	\$6		
Stamp Art	Fri	9:30 am	July 14 & 28	2	\$6		
Stamp Art	Fri	9:30 am	Aug 11 & 25	2	\$6		

TOTAL AMOUNT

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Please Note No Classes on July 4th

ENFIELD SENIOR CENTER, 299 ELM STREET, ENFIELD, CT 06082 (860) 763 -7425